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What Earth Hour?

Cities across the world saw marked reductions in electricity use on March 23, but not in Calgary

PAGE 6

JUST CAN'T GET ENOUGH OF DEPECHE MODE

FANS WANT MORE OF THE TIMELESS '80S POP ROCKERS DEPECHE MODE, WHOSE NEW ALBUM IS OUT THIS WEEK

PAGE 17

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REWARDINGMORRISON
HOMES

Calgary Flames captain Jarome Iginla has submitted a list of teams he'd like to be traded to, according to reports.

METRO FILE

Iginla-trade reports stir up Flames fans

Sports reports. Hockey insiders with TSN, French-language RDS cite unnamed sources

Calgary Flames fans were saddened to hear reports on Sunday that team captain Jarome Iginla wants to be traded to one of four top NHL teams, but they were also understanding that the time might be right for such a move.

"It was heartbreaking but I wasn't surprised," said LaToya Wilson in response to numerous reports that say, citing unnamed sources, Iginla has submitted to the Flames a list of teams he'd be willing to play for.

Those teams include the

Pittsburgh Penguins, Boston Bruins, Chicago Blackhawks and Los Angeles Kings.

The Calgary Flames would not confirm or deny the reports on Sunday.

"As we have said all along, we will not be commenting on Jarome's contract status," media-relations manager Sean Kelso told Metro.

Kent Wilson of FlamesNation.ca believes the reports are probably accurate.

"I would think 95 per cent it's probably true," he said.

Trading Iginla before his contract expires this summer would make sense for the struggling Flames franchise, Wilson added, "especially with three or four high-end teams like that potentially getting into a bidding war."

Derrick Newman, who

writes for TheCheckingLine.com, said it will be hard for fans to say goodbye but most will understand if Iginla does decide to go.

"Iginla has kind of earned the right to decide his own fate," he said. "He's 35 years old, about to turn 36, and I think it's only fair to let him go and try to win a cup."

Longtime fan Jamie Barber said it will be hard to see Iginla in another jersey but fans need to recognize "he deserves better than what the Flames are able to give him right now."

"Flames will always be my No. 1, but Iggy is my favourite player regardless where he plays," Barber said.

"I hope one day he can come back to the Flames as a player or management in the future."

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Cuts. Raises for exempt staff at the public board causes rift

Teachers, parents and even Alberta's education minister are expressing concerns over the approval of raises totalling up to \$1.5 million for certain Calgary public school board staff.

But Calgary Board of Education trustees reached Sunday who voted in favour of the performance-based perks appeared unlikely to budge.

The board is set to meet with representatives from Alberta's education ministry Monday morning, where it's expected they'll be asked to explain why they voted through raises for exempt staff — everything from superintendents and office executives to engineers — when other public employees are accepting salary freezes.

Trustee George Lane said, however, that while teachers are willing to accept a three-year freeze in a current tentative deal before school boards, their members would still likely be able to progress up the current salary grid as they accrue more years in the classroom.

"Why would we revisit it?" he said of the vote for exempt staff raises.

But trustee Sheila Taylor, who voted against the hikes along with Carol Bazinet, said a private meeting Tuesday was the first time she'd been involved in any deliberations on the raises.

"I hope that this decision is reversed," Taylor said Sunday before adding, "These are tough times in the province of Alberta — all departments are being asked to do what they can." **JEREMY NOLAIS/METRO**



Anthony Irving is seen in a room at Foothills Medical Centre on Sunday, one day after he and fiancée Miranda Buzzell were injured by a car that plowed into the bus bench they were sitting on. **JEREMY NOLAIS/METRO**

Honda plows into couple on bus bench

Young lovebirds. Engaged pair, 20 and 21, are recovering in hospital after being hit by a car that was cut off by another vehicle



JEREMY NOLAIS
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Anthony Irving writhed in pain, but his real concern was for his sobbing fiancée lying just a few feet away.

The couple of five years had been sitting on a bus bench in the northeast community of Thorncliffe Saturday when

police say a black Honda was cut off by another vehicle and swerved into them.

"I just jumped, kicked off the car and landed on the ground.... I went flying a few feet, it took literally seconds," Irving, 21, told Metro during an interview at Foothills Medical Centre Sunday.

He suffered a broken tibia, which surgeons have now pinned back in place, and numerous cuts and scrapes to his face.

But fiancée Miranda Buzzell, 20, took the force of the vehicle straight-on — the impact drove her leg back into the bench, resulting in numerous broken bones. Mother Liz said on Sunday afternoon her daughter had already undergone one surgery

and could face up to four more.

Families of both victims said things could have been worse and credited two bystanders for leaping into action — both used their own belts to tie the battered legs and stop the bleeding.

"She could have lost her leg or worse.... For someone to step up to the plate and help out — that needs to be recognized," Liz said.

Irving and Buzzell were treated on scene by emergency medical responders and then transported to hospital in separate ambulances — but not before exchanging a few I-love-yous.

"She was crying — I was more worried about her," Irving recalled.

Police investigation

Calgary police Insp. Mike Tillotson said investigators were still hoping to speak with anyone else who may have witnessed the crash, which occurred in the 6700 block of Centre Street North around 12:20 p.m. Saturday. He added it's unlikely charges will be laid.

Liz said her daughter was in good spirits — her only frustration was not being allowed to stay in the same room as Irving, who proposed to her two years ago.

The couple has yet to set a date for their wedding.

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Better access to equipment and improved morale are two benefits expected to come with the launch of Calgary's first EMS district station. METRO FILE

Calgary EMS to open first district station

Trial run. Macleod Trail mega-station comes with many perks, say proponents



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

Medics in Calgary's deep south will be moving under one big roof this summer as part of a new pilot project.

Alberta Health Services is rolling ahead with a district-station operational model for city EMS, with officials touting better communication and morale among medical responders, as well as improved access to equipment, as the biggest perks.

"It allows us to co-ordinate our vehicles better, our staff better," said Darren Sandbeck, AHS director of EMS operations for Calgary. "It allows our supervisors to have conversations, to do shift briefings, all of those things."

The station, housed inside the former Southgate Chevrolet dealership on Macleod Trail S.E., will replace two stations currently in operation and also house workers with the inter-facility patient-transfer group — those members are set to move into the facility in just a few weeks' time.

The currently used deployment model sees medics spread out across a couple dozen smaller stations often shared with the Calgary Fire Department. Sandbeck said AHS would only move out of those locations if it was feasible and didn't disrupt service.

He cautioned that Calgary EMS would not be moving to a curbside approach used in other cities like Ottawa, where staff are required to spend their entire 12-hour shift inside an ambulance.

By comparison, the Calgary Police Service currently uses eight district stations as well as a few smaller community and mall sites.

MLA Rick Fraser, the newly

Dollars and cents

Darren Sandbeck, AHS director of EMS operations for Calgary, said no additional funding was required to establish the city's first district station and, if the trial proves successful, AHS will begin eyeing proper locations in other city districts.

appointed provincial EMS liaison, said the stations could also provide medics with a venue to better make their voices heard.

A survey conducted by the Health Sciences Association of Alberta released in March 2012 revealed low morale among staff. A primary indicator was the more than 93 per cent of polled workers who said they felt their concerns were not being addressed by AHS.

But Fraser expects much of that will improve with the new station.

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Residents unhurt in three morning fires

Crews on call.

Smoke alarms credited with saving lives in worst blaze

Smoke detectors allowed three people to escape the worst of three residential fires that struck Calgary in the span of half an hour Sunday morning, according to the fire department.

That blaze broke out around 4 a.m. in the basement of a home in the 800 block of Matador Crescent N.E., and by the time firefighters arrived, three female residents had already made it out safely thanks to the presence of functional smoke alarms on both levels of the house.

Battalion Chief Ernie Molineaux said the devices are routinely the difference between life and death.

"(A working smoke alarm) gives people time to get out," he said.

Fires in homes made with

'Coincidence'

There were no injuries in any of the three blazes. The fact all three happened in such a short period of time was "probably coincidence," said Battalion Chief Ernie Molineaux.

modern construction materials double in size about every minute, Molineaux said, making early detection especially important.

"The fires also produce tremendous heat and poisonous gas, so the early warning is key to survival," he said.

The fire department responded to two more residential calls at about 4:30 a.m.

One occurred in the 1300 block of 19 Avenue N.W. after residents left a pot unattended on the stove, while the other happened at an apartment block in the 600 block of 1 Avenue N.E., where a garbage bin caught fire. **ROBSON FLETCHER/METRO**

Dim results. Earth Hour's got no power in Calgary

Earth Hour was just like any other hour in Calgary with "no identifiable change" in energy consumption, according to Enmax.

Cities across the world saw marked reductions in electricity usage on Saturday as part of the annual tradition aimed at drawing attention to climate change.

Calgary's result came as a disappointment to local Earth Hour supporter Gwyneth Midgley.

"There still seems to be an outdated but prevalent view that you have to be either for or against the environment and oil patch, that if you support something like Earth Hour you are anti-industry and anti-energy, whereas in fact it is possible to be both," she said.

Ezra Levant, the Calgary-born conservative commentator, said he was "very proud" of his hometown's Earth Hour indifference.

"Calgary loves energy, and isn't ashamed of it," he tweeted.

Chantal Chagnon, who or-



Calgary failed to follow the lead of dozens of other cities around the world Saturday and cut energy consumption as a symbolic gesture toward sustainability.

NASA/THE ASSOCIATED PRESS FILE

ganized an Earth Hour event in Calgary, said a competition between Alberta towns and cities to see which can save the most energy, percentage-wise, might spur more participation in the future.

ROBSON FLETCHER/METRO

Crime. Family says pain is 'inexplicable' after woman found dead

The family of a 19-year-old woman found dead in the middle of a Calgary street last week described her as a "beam of light."

But mystery continues to swirl around how the body of Toronto resident Polina Kazanceva ended up at the intersection of 15th Avenue and 15th Street S.W., and whether the death came as a result of foul play.

Police said Sunday there were no new details in their days-old investigation, but they did distribute a statement from Kazanceva's family.

"Our pain is inexplicable," the statement reads. "This tragedy will forever remain in our hearts.... She was bright and always attentive towards others around her. Unfortunately she had chosen to live fast and thus selected a path. However, she has never hurt the weak; alternatively she was always ready to stand up for herself."

Reports have indicated Kazanceva had only been in Calgary a week prior to her death and that she may have been working as an escort.

JEREMY NOLAIS/METRO

Deerfoot Trail

Occupant sought in car rollover

Emergency responders were baffled Sunday morning after finding a heavily damaged car on its roof next to Deerfoot Trail and hearing reports of a man walking

along the side of the road.

Damage to the sedan was "startling" and any occupants must have gone on a "terrifying ride," officials said in a news release.

Police were investigating but as of press time had not located the walking man nor any other occupants of the vehicle. **METRO**

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Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are taking different approaches as they decide where to draw the line between chronic abuse and a one-time insult or slight.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents or authorities.

Much of the debate has focused on the exact definition of bullying.

The definition under a bill now before the Manitoba legislature is so general, it could make bullies out of any student, argue the Opposition Progressive Conservatives.

"It's so vague ... that it will either be unenforceable or enforced arbitrarily," said education critic Kelvin Goertzen. "It's going to make bullies out of a whole lot of people."

The province's education minister said the wording is

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Quebec.** Repeated behaviour involving a power imbalance that causes distress and "hurts ... intimidates or ostracizes."
- **Manitoba.** Proposed definition is broad enough to include a single intent to cause hurt feelings.

broad partly so that school principals and others could use their own experience to address specific incidents.

Goertzen says the anti-bullying proposal's vague definition, lack of a mandatory penalty and lax reporting requirements make it "one of the weakest in North America." **THE CANADIAN PRESS**

China. Singer and WHO ambassador ends chain of reclusive first ladies



An internationally popular first lady could help soften China's sometimes abrasive international image. IVAN SEKRETAREV/THE ASSOCIATED PRESS FILE

New first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a very different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow.

Peng, 50, largely retired from public life after Xi was

made China's leader-in-waiting in 2007, but in recent years has won new acclaim as an ambassador for the World Health Organization. She has done work on tuberculosis and HIV/AIDS, diseases that still carry considerable stigma in China.

Peng holds the largely honorary rank of major general in the People's Liberation Army and is best known for her renditions of patriotic odes, often while wearing full dress uniform. **THE ASSOCIATED PRESS**

24-year absence

Canada relieved of panda withdrawal

The Toronto Zoo will begin hosting one male and one female panda on Monday, just over a year after the creatures were officially loaned to Canada by the Chinese government.

The pair will call Toronto home for five years before being relocated to the Calgary Zoo. Prime Minister Stephen Harper will be on hand to greet the new arrivals, the first pandas to visit Canada in 24 years. **THE CANADIAN PRESS**

24th anniversary

Ad links pipelines with Exxon Valdez

A B.C. First Nations group is launching an anti-pipeline commercial to mark the 24th anniversary of the Exxon Valdez oil spill.

Art Sterritt with Coastal First Nations says the spill is proof oil tankers don't belong in B.C. waters because the toxin still lingers in the ocean. **THE CANADIAN PRESS**

Liberal leadership

Trudeau crushes rival fundraising



Justin Trudeau THE CANADIAN PRESS

If money talks, then it's saying Justin Trudeau has a lock on the federal Liberal leadership.

Trudeau is the only contender whose financial report is not yet on the Elections Canada website. But his team has said it will show just over \$1 million, with another \$300,000 still being processed.

That's more than double what the other five contenders have raised combined and triple what Tom Mulcair raised during the whole of his successful bid for the NDP leadership last year. **THE CANADIAN PRESS**

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Anne Frank's symbol of hope taking root in U.S.

Plantings. Saplings come from chestnut tree that's referenced several times in girl's famous accounts

Saplings from the chestnut tree that stood as a symbol of hope for Anne Frank as she hid from the Nazis for two years in Amsterdam are being distributed to 11 locations in the United States as part of a project that aims to preserve her legacy and promote tolerance.

The tree, one of the Jewish teenager's only connections to nature while she hid with her family in a Secret Annex in her father's company building, was diseased and rotted through the trunk when wind and heavy rain toppled it in August



In this March 18 photo, a replica of one of Anne Frank's diaries is displayed at the Indianapolis Children's Museum in Indianapolis. A sapling grown from seeds taken from the massive chestnut tree that stood outside the home in which Frank and her family hid will be planted in the museum's Peace Park. MICHAEL CONROY/THE ASSOCIATED PRESS

2010. But saplings grown from its seeds will be planted starting in April, when the Children's Museum of Indianapolis will put the first one in the ground.

The 11 U.S. locations, which

also include a park memorializing victims of the 9-11 terrorist attack in New York City, were chosen by the Anne Frank Center USA from 34 applicants.

THE ASSOCIATED PRESS



Gay-marriage foes rally ahead of French vote

Anti-gay-marriage protesters demonstrate in Paris on Sunday, with the placard on the right reading: Zero Mother, it's Depressive. Thousands of French conservatives, families and activists have converged on the capital to try to stop the country from allowing same-sex couples to marry and adopt children. The lower house of France's parliament approved the "marriage for everyone" bill last month with a large majority, and it's facing a vote in the senate next month. Both houses are dominated by President Francois Hollande's Socialist Party and its allies. MICHEL EULER/THE ASSOCIATED PRESS

Innisfil, Ont.

Son, then mother charged with drunk driving

Police say a mom who came to pick up her son after he was arrested on suspicion of drunk driving in Innisfil, Ont., found herself charged with the same offence Sunday. THE CANADIAN PRESS

Halifax

Girl accused of damaging police vehicles

Police in Halifax say a teenage girl is facing charges of property damage after allegedly banging up two cop cruisers outside of an out-of-control party on Saturday. THE CANADIAN PRESS

Vancouver

NDP campaign goes to the dogs

B.C. NDP candidate Matt Toner has produced custom NDP-orange dog jackets with his name on them to turn pups into walking lawn signs and connect with voters in his Vancouver riding. LIAM BRITTEN/ FOR METRO IN VANCOUVER

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No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending.

Boris Berezovsky fell out with Putin and fled to avoid fraud charges he said were politically motivated

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently



Boris Berezovsky GETTY IMAGES FILE

faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy — or suicide.

Police said Sunday it would be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are

retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his demise and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London where Berezovsky's body was found on Saturday. They said an employee of Berezovsky told how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered, which is why chemical and radiations experts were called to examine the property.

THE ASSOCIATED PRESS



Bullet the blue sky

Viktor Mitic's bullet-riddled portrait of Hugo Chávez will be displayed at the Peach Gallery in Toronto in April, but it is still without a name. He has agreed to let Metro readers suggest names, and he'll choose his favourite. Mitic leaves the interpretation of his controversial art to the public, but another one of his bullet-riddled paintings will soon head to Washington, D.C., for an art show against gun violence. Email your suggestions for the Chávez portrait to jessica.smith@metronews.ca. JESSICA SMITH/METRO IN TORONTO

Jamaican coast

Illegal Haitian migrants stopped

Jamaican police say that 33 illegal migrants from Haiti have been intercepted off the island's northeast coast. Fishermen alerted authorities after spotting a rickety boat carrying 20 men, four women and nine children. Authorities say they were trying to get to the U.S. THE ASSOCIATED PRESS

Mayoral elections

Macedonians avoid poll violence

Macedonians voted peacefully in local elections Sunday, boosting hopes the country is turning a page and won't repeat the political and ethnic violence that has marred past voting cycles. Turnout by 5 p.m. Sunday was 57.5 per cent.

The Balkan country hopes that free, transparent and peaceful elections will help it strengthen its case for EU membership.

THE ASSOCIATED PRESS

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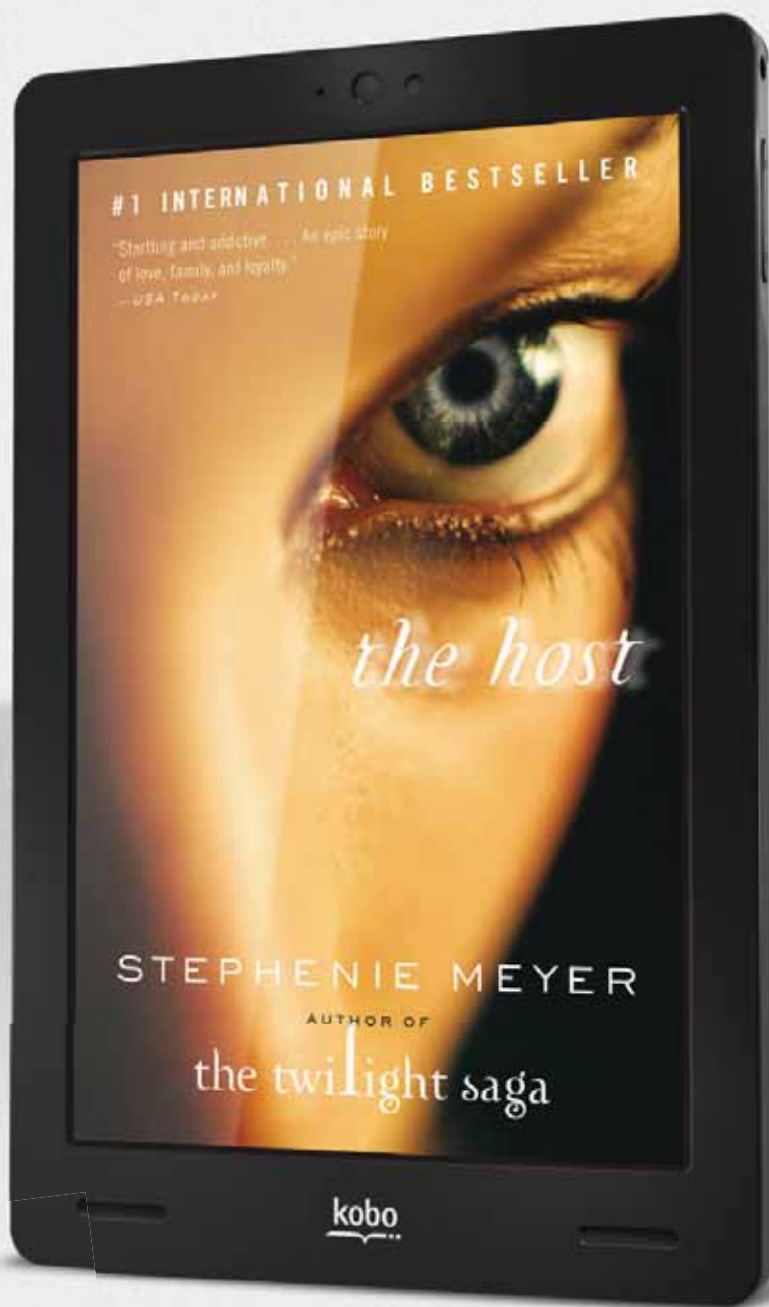
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Mother says she's sure teen suspect killed her baby



Sherry West describes on Friday the events of the day before, when her baby son was fatally shot and she was wounded in Brunswick, Ga. West's 18-year-old son was stabbed to death in New Jersey in 2008. Prosecutors said the stabbing was in self-defence. BOBBY HAVEN/THE BRUNSWICK NEWS/THE ASSOCIATED PRESS

Conflicting stories.

Police lay charges on 17-year-old, but alleged killer's aunt claims alibi

The mother of a baby shot dead in his stroller in Brunswick, Ga., took one look at a teenage suspect's jailhouse mugshot Saturday and said he was definitely the killer. Yet an aunt of the teen said he was eating breakfast with her when the slaying took place.

Despite the conflicting stories, police have charged 17-year-old De'Marquise Elkins with murder, along with a 14-year-old suspect whose

Hoping for justice

"My baby will never be back again.... He took an innocent life. I want his life, too."

Sherry West, whose baby was killed Thursday

name has been withheld because he's a juvenile.

Brunswick police spokesman Todd Rhodes said even though Elkins' aunt provided an alibi, authorities have good reason to bring the charges.

"That's what she's saying, but the evidence we're looking at says something else," Rhodes said, though he would not elaborate.

Sherry West said she was pushing 13-month-old Antonio Santiago in his stroller as she walked home from the post office Thursday morning. She said a teenager, with a younger boy behind him, approached and asked her for money. West said when she told him she had no money the teen drew a gun and said: "Do you want me to kill your baby?"

The gunman opened fire and West was shot in the leg, while another bullet grazed her left ear, she said. She watched helplessly as the gunman shot her son in the face, she said.

THE ASSOCIATED PRESS



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Cyprus, creditors reach tentative deal

EU financial crisis.

Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a \$13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency and spur turmoil in



A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about \$132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also

be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

THE ASSOCIATED PRESS

Smoking

Former surgeon general joins e-cigarette firm

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

THE ASSOCIATED PRESS

Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will only be available in the U.S., and for a limited time. A previous story in Metro didn't specify where the product would be sold. METRO

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Should you consider the HBP?

Think you have found the solution to your down payment woes?

The Home Buyer's Plan (HBP) allows you and your partner to withdraw up to \$25,000 each from your RRSPs as your down payment. Once you are settled into your new place, you will have 15 years to pay it back.

But before you rush out and sign the withdrawal papers, weigh the consequences.

First, when you take money out of your RRSP you lose the power of compounded interest and reinvested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns.

If, for example, you withdraw \$10,000 at age 30 through the HBP, that sum of money compounded at seven per cent for 25 years adds up to a little less than \$55,000 (before tax). So you would miss out on nearly \$45,000 in compounded interest and reinvested returns by withdrawing early.

Second, when you repay one-fifteenth of those borrowed funds each year, you don't get any tax writeoffs on those repayments because they aren't considered RRSP contributions — it's not new money.

Third, if you can't repay the minimum amount, you will be taxed on the difference between what you still owe and what you paid.

The primary benefits of the HBR are: First, it promotes home ownership, which is a valuable investment and can allow you immediate access to the real estate market. Second, repayments don't impact your annual RRSP deduction limit. Third, if you are flush with cash you can repay earlier.

Experts have differing opinions on the HBP. But the general consensus is that if you can afford not to use the plan, don't. The loss of compounded interest and reinvested returns on your RRSP will seriously impact your net worth goals. **LESLEY SCORGIE**

A small part of home financing

Mortgages. There are a number of elements to consider when securing a home loan



LESLEY SCORGIE
For Metro

Your monthly mortgage payment is just one small part of home financing. There are several other elements to consider.

The amortization period is how long it will take to pay off the total loan, which typically ranges from five to 25 years for insured mortgages through the Canada Mortgage and Housing Corporation (CMHC). The longer you take to pay off your loan, the lower the payments, but you will pay more in accumulated interest.

The term of the mortgage is how long it lasts. It typically ranges from six months to 10 years. When the term expires, you can renegotiate certain terms of the loan, transfer your loan to another institution, pay it off, or renew it for another term. The term is essentially the total amortization period broken into smaller chunks.



There are several elements to consider when thinking of home financing. GARY HOULDER/LIFESIZE/THINKSTOCK

The interest rate on a mortgage is the premium you pay to the lender for lending you money. Shop around for competitive rates and terms. Check out all the big bank websites as well as ratehub.ca, ratebot.ca, and canadamortgage.com.

A fixed interest rate means that the lender can't change the rate and your payment is set for the full term — great when rates are low.

A variable rate fluctuates with prime rate, and is typically lower than the current

posted fixed rate allowing you to pay more principal. But the rates can fluctuate. This option is good when rates are high but declining.

Next, choose between an open or closed mortgage. Open mortgages cost more

Hybrid mortgages

- There are two hybrid mortgages. A capped-rate mortgage takes advantage of a variable rate. If the rate increases to a certain level, the mortgage locks in for the remainder of the term (thus capping the rate). You pay a premium for this mortgage structure. A convertible mortgage allows for the existing terms to be converted to new terms (hopefully, more favourable) after a certain period of time.

because you can, at any time throughout the term, pay any portion of the loan off without penalty and can negotiate almost any term of the mortgage at almost any time.

A closed mortgage means you are committed to the terms and conditions of the mortgage until your term is up.

Many lenders offer prepayment options — lump-sum payments of 10 or 20 per cent of the original amount each year, "double-up" payments, increased regular payments, or accelerated weekly or bi-weekly payments.



Try to save as large a down payment as possible. COMSTOCK/THINKSTOCK

Rules. New guidelines in place for protection

As a result of the recent financial crises, high-risk, zero-down mortgages are history. This protects both the Canadian banking system and homebuyers by reducing the risk of loss.

Newly tightened mortgage lending rules now dictate that a minimum of a five per cent down payment is required to make a purchase. A down payment is simply calculated by taking a percentage of the cost of the home.

Today, to qualify for an uninsured mortgage, a borrower must have a 20 per cent down payment. But, for many people, saving 20 per cent is out of reach. Thankfully, through the Canada Mortgage and Housing Corporation (CMHC), buyers can secure an insured mortgage with a five per cent down payment.

CMHC charges a fee for the insurance and publishes

Renting to own

- Renting to own is great when a buyer wants to test out the house and neighbourhood, or if they need time to rebuild credit and save money. The drawbacks are that the rent paid is typically at a premium, the initial option deposit is non-refundable and bank financing isn't guaranteed at the end of the process.

a table of premiums, allowing borrowers to calculate the added costs. (If math freaks you out, use CMHC's premium calculator). On a \$300,000 home, for example, a five per cent down payment translates into a \$7,840 CMHC premium.

The more you put down,

the less insurance you will pay, so try to save as large a down payment as possible. Note that, long term, CMHC fees are lower than the value gained through building equity in your home.

Rent-to-own options are home ownership solutions for individuals with poor or limited credit history who wouldn't otherwise qualify for a typical mortgage. Effectively, this is a lease combined with an exclusive option to purchase the home within a pre-specified period of time at a guaranteed purchase price.

At the beginning of the lease, a non-refundable initial option fee is paid by the buyer. As the buyer pays rent, they earn lease option credits that are put towards the purchase price of the home when the buyer decides to exercise the option to purchase the property. **LESLEY SCORGIE**

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LET'S TURN BOARD INTO CLASS ACT

Every three years (soon to be four) we get the chance to make a difference in the future of our cities, towns, and, yes, school systems. And it's the only time we get a stab at a change in leadership.

Given recent events at the Calgary Board of Education — approving raises for “exempt” staff (though freezing senior leadership salaries), a decision to increase busing fees (revoked shortly after), shutting out the public from conversation at board meetings (also revoked) — and that most of its votes go 5-2, 5-2, 5-2 (Carol Bazinet and Sheila Taylor against), it's time to pay attention to your school board leadership.

So few Calgarians are involved in the actual school-trustee elections, yet a 2011 Environics survey showed education as the third most important issue for Albertans.

In 2010, over 52,000 ballots were cast for alderman in wards 6 and 7 combined. In the combined Ward 6/7 school-board vote, only 32,000 total votes were cast. Other wards saw similar vot-



URBAN COMPASS
Darren Krause
calgary@metronews.ca

ing disparity.

Decisions at the school board aren't sexy: We're not talking secondary suites, snow clearing, transit or red-tape reduction. But we are talking about the governance of the organizations that are educating our kids.

There's an obvious disconnection in the issue of education when it comes to being important enough to raise a stink about, but not yet important enough to get involved in.

It would be nice to change that. It would be great to get new faces, new voices and perhaps a new vision.

And when these new faces arrive (on the backs of the throng of voters who came out to vote), we can only hope they'll be touting those key words of transparency, accountability and due process — and then stick to it.

You can see gurgles of public discourse already. Popular Calgary radio host Buzz Bishop responded to our education reporter,

School board leadership

We need more people thinking like Buzz Bishop; more people putting their name forward because they care about the state of education in Calgary.

Jeremy Nolais, on a tweet about CBE trustees' lack of response to phone calls. Bishop said he's at the point where he might consider a run for trustee. He thinks the situation has gotten that bad.

We need more people thinking like Buzz Bishop: more people putting their name forward because they care about the state of education in Calgary.

There are seven months left before we go to the ballot box, Calgary. Is your child's education important enough to get involved?

Be a candidate for trustee. Volunteer on a trustee's campaign. Or simply take the time to learn about the candidates, and then vote for one.

ZOOM

HIS SPIDEY BEARD IS TINGLING



Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

For Roberts, whose beard measures just over 35 centimetres long, the Spidey style is one of his favourites: “It translated very well from concept to end result. At first, I tried to do a web but that didn't work out so I opted for the Spider-Man logo.

“Sculpting the beard wasn't as complex as it looks. I just separated it into sections and used plenty of extra-hold hairspray.” **METRO WORLD NEWS**

Sunday Best

“I normally don't wear my beard like this, on most days I just let it hang. I call this kind of beard my ‘Sunday best.’ This beard only took me 45 minutes to an hour to sculpt.”

Chad Roberts, 35, IT administrator and president of the RVA Beard League

Clickbait



ANDREW FIFIELD
metronews.ca

The best part of living in the future is having a pocket-sized device that connects to the totality of collected human thought with a few taps of a finger. But that's no reason to feel guilty if you just want to kill some time with a little pinball. Here's three apps worth your spare time.

Zen Pinball

If you're not a reality purist, Zen tables are the best bet for high-concept hurry-ups and gimmicks — from the castle sieges of Excalibur to racking up combos as troublemaking kids in the Sorcerer's Lair. (Free/iOS and Android)

Revenge of the Rob-O-Bot

The devotion the shiny chrome finish and dot matrix scoreboard show to the titular robot still doesn't come close to the devotion the developers showed to capturing the physics and sounds of a real table. (\$2.99/iOS and Android)

Pinball Arcade

Nothing gets more pure than real tables. Comes included with a faithful recreation of Tales of the Arabian Nights. But splurge for the in-app purchase of Ripley's Believe It Or Not, a true timewaster packed with objectives for players willing to learn the angles. (99 cents/iOS and Android)

Comments

RE: Sex toy gives singers an extra octave, published March 21

Yeah, he uses it on the OUTSIDE, in case anyone was confused lol. And yeah, people have been doing massages on the larynx forever, he's just probably the first to be in the media for using a vibrator.
eplizo posted to metronews.ca

Gives a slightly new meaning to the term “hummer”...

Jeff Overstreet posted to metronews.ca

A #SouthPark episode in the making....

Mighty-Morphin Larry posted to metronews.ca

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10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS



10TH ANNUAL BEST NEW PRODUCT AWARD WINNERS



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**Dates subject to change. While quantities last.

Date night... at home!

When you think "date night," you may envision a night on the town or a fancy and expensive restaurant dinner. That, and the babysitter, the outfit, the hair...it



might all seem a touch overwhelming and extremely pricey. So spend date night at home! You can and still make it romantic

and do it for a fraction of the price with a Pepperoni Pesto Ristorante Pizza from Dr. Oetker.

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You don't have to spend hours in the kitchen to create an amazing dinner. Pair your pizza with a bottle of medium-bodied dry Chianti – the perfect wine to bring out the flavours of the pizza. Add a tasty caprese side salad: sliced ripe tomatoes and fresh mozzarella sprinkled with basil leaves (torn into bite-size pieces), and dressed with salt, pepper and olive oil. Finish your meal with a sinfully good dessert, like a fluffy Dr. Oetker Milk Chocolate Mousse. It's a deliciously decadent meal that's perfect for a special evening!



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- ANGELA N.



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out makes using them
pleasurable for both
myself and my husband.”
- VICTORIA H.



“My skin stays smooth
for several weeks, no
imperfections after hair
removal and skin does
not become dry.”
- SONIA D.



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HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.



Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the

stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results.

The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.



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Dave Gahan of Depeche Mode performs earlier this year. GETTY IMAGES

Music-making machines

New album.

Depeche Mode Just Can't Get Enough of releasing music, or that bluesy influence

Depeche Mode has released a new album every four years since the early 1990s, so fans weren't surprised by the English band's announcement in late January that its 13th record was coming soon. The blues-tinged Delta Machine is out March 26 and the electronic band has September gigs scheduled at the Molson Canadian Amphitheatre in Toronto and Bell Centre in Montreal. Band member Andy Fletcher talks about what influenced

the new songs, playing 30-year-old hits and the lead single Heaven.

How did the blues inspire you while recording the new album?

We have dabbled in this before, one of our most famous tracks, Personal Jesus, is very linked to blues music. All three of the band members, we have varied tastes in music going back to blues to early rock 'n' roll. I think the interesting thing is the mixing between blues and electronics and I think it really goes well. Obviously some songs such as Slow are more heavily blues influenced but even the tracks that are mainly electronics, you can still hear the blues influence.

What's on the set list for the new tour?

It's difficult getting a set together because there are so many songs now over the years, so many classics, and somehow we have to get a set together that sort of represents our whole career and at the same time make sure the new album gets its songs as well. It's a bit of a process, but I think we're getting there.

Which of the new songs are likely to be played?

Our last album, Sounds of the Universe, I don't think many of the songs really translated live that well, but this album seems to be completely the opposite, it's quite a minimal but powerful album and a lot of the tracks are sounding

very good, like Soft Touch/Raw Nerve. Angel is sounding really, really powerful, and Should Be Higher. We can't play, unfortunately, too many songs from the new album because we have fans that go back such a long way, it'd be a bit selfish, I think, just playing a lot of songs off the new album and disregarding tracks from our career.

Have you considered a modern makeover to older tracks like Just Can't Get Enough that fans want to hear live but no longer reflect your current musical style?

You can't modernize Just Can't Get Enough, it's a classic pop song, it has a classic sound, you just have to play it. It's one of the most famous tracks of the '80s. If

you tried to modernize it, it'd be horrible. I think it stands up as a classic track and obviously you have to position it in the set list where it'll sound the most comfortable, but I think we'd be doing the song — such a part of our history — a disservice to try to modernize it.

Why Heaven as lead single? Was it the label's preference?

I don't think the label would've chosen that song. We just felt it was the right sound to introduce the album. Great song. Commercially it doesn't really stand up, it's too slow, but for us it's the perfect taste for the album itself. ... It is important to us still to have success but not at all costs."

THE CANADIAN PRESS

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Demetri Martin keeps his worries at bay

New book. Absurdist comedian is putting his existential crisis on ice by penning his new book *Point Your Face at This*

PAT
HEALY

Metro World News

After Demetri Martin left New York for California a few years ago, he realized the reason he does the thoughtfully silly type of comedy he does.

"I would go for these long beach walks, and bring my notebook, daydreaming and writing," he says.

"I do like going for walks and kind of escaping, which is probably why I don't do a lot of topical material, if any. I just don't feel as inspired by any of that. But it was this beautiful day and I was walking home and it was like the end of the day and it was sunset and there was hardly anybody on the beach. The ocean was on my left, I had



Demetri Martin wants you to point your face at his new book. HANDOUT

flip-flops in my backpack and the water was hitting my feet and I remember thinking, 'I'm gonna freaking die!' I got all the distractions away, all the New York stuff that keeps me from worrying about really big stuff, so I had to escape into some stupid line draw-

ings or jokes or whatever, because it's just kind of too much."

The tools he uses to hold his existential crisis at bay enables his audience to also stop thinking about their own mortality. His brand new book, *Point Your Face at This*,

is a compilation of these self-described "stupid line drawings" that mine a similar life-affirming absurdity as *The Far Side*.

"I do remember, as a kid, Gary Larson being one of my first favourite things that I found funny," says Martin.



"I used to just pop into the bookstore and not have any money to buy books or anything, but I would just flip through a *Far Side*, probably like a lot of kids, and just think how funny they were. And it was an interesting experience, looking at something on a page — often something without words — and find it funny. There was something so powerful about that for me."

Martin is humble about his skill as an artist, however, saying he doesn't think his

drawing is on par with that of Larson.

"A lot of my stuff, I think there's a simplicity to it, whether it's by design or just the best that I can do," he says. "It's funny how your style often is really just the upper limits of your own effort. I know people who are kind of virtuosos and style for them is a different thing. It's a conscious choice. But for me it's like, 'Here's the best I can do with where I'm at right now.'"

Though *Point Your Face at This* features the sort of drawings that Martin has been injecting into his standup for years, his current show does not feature extra emphasis on drawing. He says although he likes to dabble in drawing, music and longer-form writing, standup is still his first love.

"Standup is so fun because you get immediate feedback," he says. "You can think of stuff and improvise it right there onstage, or think of it earlier in the day and then you get to say it and see what the audience thinks."

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metro

Ellen DeGeneres woos her Australian audience

Introducing Portia.

Emmy Award winning host brought her Aussie wife out on stage for the Sydney crowd to meet

Ellen DeGeneres was applauded by a rapturous Aussie audience like a cherished

Love at first sight

"I'm moving here, it's so beautiful."

Ellen DeGeneres
Talking about her new-found love for Australia.

part of the family as she introduced her Australian-born wife, Portia de Rossi, on a Sydney Harbour-side

stage on Saturday to begin pre-recording Down Under segments for her popular TV show.

The Emmy-Award-winning talk-show host arrived in Sydney with her mom, Betty DeGeneres, and de Rossi on Friday after a 14-hour flight from Los Angeles for a six-day filming trip to Australia.

"I'm moving here, it's so beautiful," DeGeneres told

3,000 admirers, who were clearly delighted to be in the sun-bathed Royal Botanic Gardens near the Sydney Opera House for the two-hour recording despite the 30 C early afternoon heat.

Guests included Oscar-winning actor and Sydney local Russell Crowe. He presented the 55-year-old host with two kangaroo-hide cattle whips that he said DeGeneres

might need to catch "some brumbies" — an Australian term for wild horses — when she visits Australia's southeast. The pair took turns at whip cracking.

Asked by one emotional fan whether she and her wife would adopt her, DeGeneres replied, tongue-in-cheek: "We were just saying we should adopt someone. It's so easy for us."

The show was packed with games involving audience members, including an Australia-themed trivia event in which fans had to take a harbour plunge for a wrong answer.

The Ellen DeGeneres Show is in its 10th season. DeGeneres was honoured with the Mark Twain Prize for American Humor last year.

THE ASSOCIATED PRESS



Ellen DeGeneres and her wife were met by a raucous crowd.

RICK RYCROFT/THE ASSOCIATED PRESS

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Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young



STARGAZING
Malene Arpe
scene@metronews.ca

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas. The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie?" Like really. For real. In real life "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.



Bradley Cooper

Bret Michaels turns down an offer to strip for Chippendales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh.

3) Ugh. 4) Where are we as a civilization and can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed. **After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model.** "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Ashton Kutcher

Kutcher taking vow of silence on relationship

Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher

tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."

Twitter



@Sethrogen

If you're like me, you're awake right now on hour 3 of 14 of smoking a brisket.



@JimCarrey

Hunters hang animals up on their walls. I kill mosquitos but their little heads r hard to mount!



@justinbieber

Back to the #longestbusrideever



@ABFoundation

When playing the losing attorney in a case, always wear a suit with a vest.



Amanda Bynes ALL PHOTOS GETTY IMAGES

Come home Amanda!

Amanda Bynes' family is reportedly very concerned about the troubled actress and wants her to move back to Los Angeles where they can keep a better eye on her, according to E! News.

The accident-prone starlet has been living it up in New York, tweeting pictures of her outlandish recent makeover and a new cheek piercing along with bizarre and nonsensical declarations like "Baby corn and fried tofu," "Fear is pain arising from the anticipation of evil" and "I created the phrase lly and lololol."

Bynes has reportedly refused her family's requests that she move back to L.A.



Katy Perry and John Mayer

Don't count this pair out just yet

Sources say that prior to Katy Perry and John Mayer's recent split the pair had been "fighting," possibly over how fast their relationship was moving, according to Us Weekly. Perry had even brought Mayer home for the holidays to Santa Barbara. "Introducing him to her dad was a big deal," a source close to Mayer says. "It was just too much, too soon." But don't count the pair out completely: "They've broken up before so it's hard to tell," another source says. "She's changed a lot since she's been with him." And Perry hasn't been shy about her heartache, posting a link on Twitter to a song by Tristan Prettyman called I Was Gonna Marry You with the message, "Perfectly put."

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Book excerpt

Brand extension



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature

a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission

statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on

a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up

with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM *I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS"* BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

Given people's weakness for chocolate, you likely can't put out a bowl of pretty foil-wrapped chocolate eggs a week before Easter and expect them

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge



These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

to last until the holiday. But you can get the same effect — without the temptation — by painting papier-mâché eggs and partially wrapping them with pastel-hued foil. Piled in a glass canister or arranged in a simple bowl, these eggs make a sweet Easter display that will last for years.

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats

of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices



bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped. **THE ASSOCIATED PRESS**



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3
THE

Butter Chicken can be a healthy choice — seriously

A little prep in the morning will go a long way in creating a flavourful and nutritious family meal that cooks while you are at work.

Start with spice-coated chicken and a healthy pantry staple pasta sauce. Let it simmer all day in the slow cooker. Finish it off with rich Greek yogurt and lime at dinnertime.

This dish can be served over quinoa or basmati rice.

You can also make extra of the spice mixture and store for your next "better for you" Butter Chicken.

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307 calories.

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then



This recipe serves six. NEWS CANADA

top with butter and Healthy Choice Diced Tomato with Onion and Garlic pasta sauce.

3. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

Ingredients

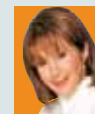
- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish

4. Stir in lime juice and yogurt before serving. Garnish with cilantro.

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Tim Hortons Toasted Chicken Club on a homestyle soft bun

380 calories/ 7 g fat
Chicken is a better protein and it's served with a mustard that is lighter than mayo, saving you half the fat.

Ingredients

- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, in wedges
- 500 g (1 lb) sliced mushrooms
- 2 cloves garlic, minced
- 45 to 60 ml (3 to 4 tbsp) mild Indian curry paste
- 5 ml (1 tsp) cinnamon
- 500 g (1 lb) skinless, boneless chicken thighs, cut into quarters
- 1 can (796 ml/28 oz) diced tomatoes (undrained)
- 750 ml (3 cups) small broccoli
- 1 can (540 ml/19 oz) lentils, drained and rinsed
- 125 ml (1/2 cup) chopped fresh coriander
- 125 ml (1/2 cup) plain low-fat yogurt

Dinner. Chicken & Vegetable Indian Curry

1. In deep non-stick saucepan, heat oil over med-high heat. Add onion and stir-fry 3 mins.; add mushrooms and stir-fry 4 mins. or until lightly browned. Stir in garlic, 45 ml (3 tbsp) of curry paste and cinnamon; add chicken and stir-fry 3 mins. Stir in tomatoes with juice; cover and reduce heat to med-low and cook about 10 mins.

2. Taste and stir in more

curry paste, if desired. Add broccoli and lentils; bring to boil, cover and cook 5 mins. or until broccoli is crisp-tender. (Alternatively, to keep broccoli bright green, steam on stove separately and stir it into curry at the end of cooking time.)

3. Stir in coriander. Serve topped with dollop of yogurt.

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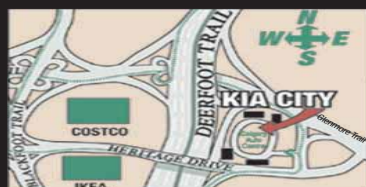
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Let me see your body talk. Interview success is not all about what you say

YLVA
VAN BUUREN
CareerBear.com

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Mandrake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered

Mind your Ps and Qs

Don't forget good manners

- Protocol should be observed, which means you only sit down when the interviewer has sat down. Be aware of body language in the reception area too.
- Don't be dismissive, over-excited or rude. Be engaged, warm and observe any rules such as signing in and putting on an ID badge.
- At the end of the interview, only stand up when the interviewer has stood up. If they've wrapped it up and are taking notes, you could ask if you may leave — or engage them a little more by asking how you did.



Late night last night? This ain't the time to let that show. ISTOCK

whereas content — or the answers during an interview — is less than 10 per cent. We remember how the individual interviewed, not what they said."

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit. Again, the choice should place the interviewer in the head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a "claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Friendly body language

Avoid crossing your arms and leaning back in your chair, which may force the interviewer to lean forward. Leaning in is a friendlier posture. Also, don't fidget. And demonstrate that you are organized by being tidy with your laptop, purse, etc., when you

first arrive.

Make eye contact

Avoid looking down or away from the interviewer, because not giving proper eye contact may signal a lack of interest, says Danis. Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact. "In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

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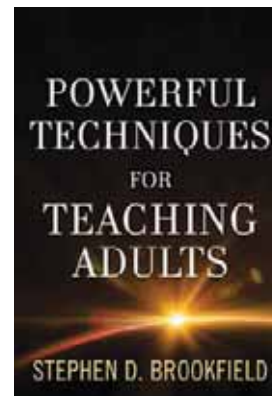
The perils of giving power to the pupils

What do you want from me? When trust issues get in the way of your teaching techniques

BRUCE WALSH
Metro World News

University of St. Thomas professor Stephen D. Brookfield is perhaps the most prolific writer on adult higher education in the U.S. His books use personal experience to flesh out his teaching philosophy. Brookfield's latest, *Powerful Techniques for Teaching Adults*, takes a look at power dynamics.

"Power is everywhere in the classroom. You can't avoid it," he says from his office in Saint Paul, Minn. "So I thought, instead of writing a book that's full of these approaches — which



is probably what people are expecting — let's examine how these power dynamics skew the way teaching techniques are experienced by students."

Powerful Techniques touches on a number of concepts Brookfield has written about before: developing critical thinking, facilitating discussion, utilizing the cre-

ative arts. But this time the author emphasizes the adjustments he has made to his teaching style due to notions of power and trust.

Though Brookfield is still a believer in student-controlled, self-directed learning, he now introduces the concept with more than a touch of caution.

"If I'm asking people to make decisions about the curriculum, or I'm involving them in setting up the grading system, one of the responses I often get is: 'You're playing a game with us and we don't know what your agenda is,'" he explains.

"So now I begin by saying, 'Here are the non-negotiable things about the class; here are the things I want you to decide; and here are places where we can negotiate.' By being less naive about us all having the same power, I'm able to gain a student's trust and build something from there."

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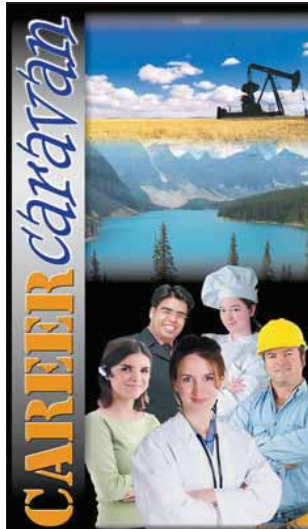
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JULIA WEST
Metro World News

It's an expression you can't escape: "networking." There's no shortage of networking events taking place in your area, but simply showing up to one of these schmooze-fests isn't enough. We learned a few tricks to help you work the crowd and leave an event with the business card that will help you get your next job.

Listen to people

Pay attention to what people are doing, who they're working with and what their background is. Bill Corbett Jr. is president of Corbett Public



Remind yourself that every hearty shake could lead to a handful of opportunities. ISTOCK

Relations, Inc. and has two decades of networking experience.

"If somebody is pushy, they are not networking," he says. "A businessperson needs to listen 80 per cent of the time and speak 20 per cent of the time. Learn to ask the right questions."

Look approachable

Try to give the impression that you are completely at ease, even when you aren't. If you

Stash your cell

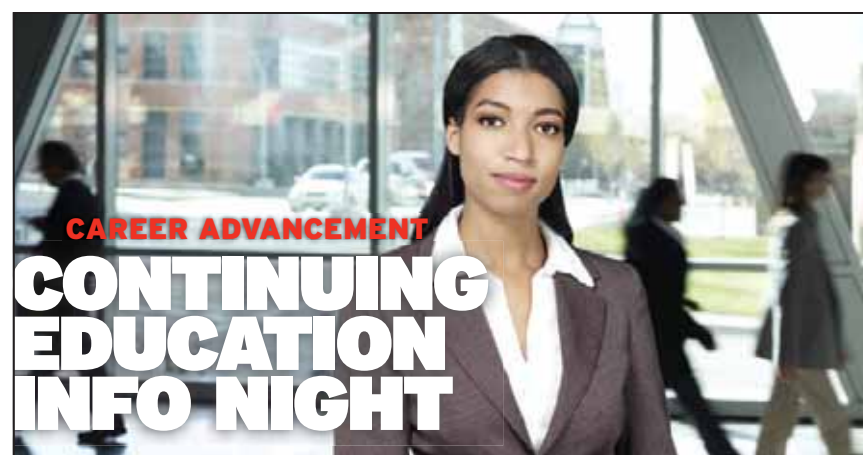
Put your electronic device away, and be engaged with everything that is going on around you.

Christina Steinorth
Psychotherapist

relax, you will appear more approachable, and you'll certainly enjoy yourself more.

Having your phone out is distracting and can turn people off. "Put your electronic device away, and be engaged with everything that is going on around you," says Christina Steinorth, psychotherapist and author of *Cue Cards for Life: Thoughtful Tips for Better Relationships*.

"If you're constantly texting or talking on your smartphone, others will feel that you are only present at the event to go through the motions," she adds.



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NHL

Yzerman pulls plug on coach Boucher with Bolts in free fall

The Tampa Bay Lightning fired coach Guy Boucher on Sunday, with the team in next to last place in the Eastern Conference and on its way to missing the playoffs for a second straight year.

Assistants Martin Raymond and Dan Lacroix shared coaching duties on Sunday night in Winnipeg.

"I'm not satisfied with the direction our hockey club is going," general manager Steve Yzerman told reporters in Winnipeg. "This isn't a reaction, a desperate act, to try to make the playoffs, although that is still our hope." **THE ASSOCIATED PRESS**

NHL

Penguins pry Morrow from Stars

The streaking Pittsburgh Penguins acquired forward Brenden Morrow from the Dallas Stars on Sunday to bolster the team's second line.

Pittsburgh sent defenceman Joe Morrow, the team's first-round pick in the 2011 draft, and a fifth-round choice this year, to Dallas in exchange for Brenden Morrow and the Stars' third-round pick in the draft.

The 34-year-old Morrow has 243 goals and 285 assists in 835 games, all with Dallas. The Carlyle native will become a free agent at the end of the season. He waived his no-trade clause to move to the Penguins.

THE ASSOCIATED PRESS



Calgary Flames forward Jarome Iginla, right, celebrates his game-winning goal on St. Louis Blues goalie Jaroslav Halak with teammate Mike Cammalleri on Sunday at the Scotiabank Saddledome. The Flames beat the Blues 3-2. **JEFF MCINTOSH/THE CANADIAN PRESS**

Iginla ignites Flames in victory over Blues

NHL. Calgary's captain pots game-winner to extend home winning streak to seven games

A great second effort by Jarome Iginla earned some praise from an opponent and helped the Calgary Flames snap a three-game slide.

Iginla scored the game-winning goal in the third period of Calgary's 3-2 victory over the St. Louis Blues on Saturday. Thanks to a nice pass from Alex Tanguay, the Flames captain found himself on a partial breakaway.

St. Louis defenceman Wade

Redden made a nice play to knock the puck away from Iginla, who stuck with the puck to score a wrap-around goal.

"It was a good pass by Tanguay right up the middle," Iginla said. "He did poke it. I just jammed at it. It was nice to see it go by him."

Veteran St. Louis forward Andy McDonald credited Iginla for not giving up on the play.

"I think everybody thought the play was dead, but it just shows you he's a great player in this league," McDonald said. "That's why. He doesn't give up on the play and he's able to find the puck and make a great play. We didn't have answer for him."

On Sunday

3

Flames

2

Blues

After the game, Iginla also addressed rumours of possibly being dealt to another team before the NHL's trade deadline on April 3.

"Honestly, we've made it this far in the year," said Iginla, who would have to waive his no-movement clause for a deal to happen. "There is a lot of speculation about our team

and me individually. Now with an important win for our team, it will work itself out in whatever it is — a week away. I don't want to contribute to it."

Roman Cervenka scored twice and Miikka Kiprusoff stopped 36 of 38 shots as the Flames (12-14-4) snapped a three-game losing skid while extending their winning streak on home ice at the Scotiabank Saddledome to seven straight games.

T.J. Oshie had a goal and an assist for the Blues (17-12-2), who had won four of their past five games including a 3-0 win in Edmonton over the Oilers one night earlier. Vladimir Sobotka also scored for St. Louis.

THE CANADIAN PRESS

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Calgary's Linden Gaydosh wows CFL top brass at Toronto combine

CFL draft. Defensive lineman receives high praise from Ticats, who get first dibs in this year's draft

Prospecting

"Big, strong, he's powerful.... He has really good feet and movement skills for his size."

Hamilton Tiger-Cats head coach and GM Kent Austin on CFL prospect Linden Gaydosh. The Ticats pick first in the upcoming draft, and could go after the Peace River, Alta., native.

Linden Gaydosh showed Sunday why he's a top prospect for this year's CFL draft.

The six-foot-four, 290-pound Calgary Dinos defensive lineman was virtually unstoppable in 1-on-1 drills at Varsity Stadium in Toronto on the final day of the CFL combine. His dominant on-field performance came a day after finishing second overall in the bench press (personal-best 36 reps) and posting a solid 33.5-inch vertical jump.

Much was expected this weekend from the native of Peace River, Alta., who finished the season ranked No. 3

on the CFL scouting bureau's list of top-15 prospects for the league's May 6 draft. Gaydosh more than delivered as his performance Sunday had people buzzing.

"I was ecstatic.... Everything went the way I planned," said Canadian university football's top rookie in 2009. "I showed the best stuff I had and hopefully that's what they (CFL officials in attendance) wanted."

Jim Barker, the general manager of the Grey Cup-champion Toronto Argonauts, said Gaydosh solidified his status as one of the top draft-eligible players.

"He's what was advertised, a very physical guy," Barker said. "He showed why he's one of the top players in this draft."

"That's what this does a lot of times, it kind of separates the top guys from the not-so-top guys."

Gaydosh certainly moved into the conversation of potential favourites to be taken first overall in this year's draft. Other candidates include McMaster offensive lineman Matt Sewell and Regina Rams defensive tackle Stefan Charles, but there's no doubt in Gaydosh's mind he improved his draft stock this



Defensive lineman Linden Gaydosh gets grabbed by defensive lineman Corey Watman at the CFL combine on Sunday in Toronto. COLIN MCCONNELL/TORSTAR NEWS SERVICE

weekend.

The Hamilton Tiger-Cats hold the No. 1 pick and fortunately have the luxury

of time. With Sewell and Charles both garnering interest south of the border, exactly who the Ticats take first

overall should become clearer following next month's NFL draft.

THE CANADIAN PRESS

IndyCar

Hinchcliffe takes first checkered flag

James Hinchcliffe, the Canadian driver poised to become IndyCar's next star, grabbed his first-career victory Sunday.

Fittingly it came at St. Petersburg, the adopted hometown of the late Dan Wheldon, the driver who signed to drive the GoDaddy car for Andretti Autosport shortly before his death in the 2011 season finale at Las Vegas.

The open seat then went to Hinchcliffe, who drove the bright green No. 27 to victory in front of Wheldon's wife and two children.

Hinchcliffe, from Oakville, Ont., passed Helio Castroneves on the final restart to take the lead and held on to win by 1.09 seconds over the defending race winner.

THE ASSOCIATED PRESS



James Hinchcliffe
THE ASSOCIATED PRESS

NBA. Heat roll to 26th win vs. Bobcats in front of the sports world's elite

The world's best came out to see if Miami could do it again. Novak Djokovic, the top-ranked men's tennis player. Wladimir Klitschko, the world heavyweight boxing king. Rory McIlroy, who sits atop the golf rankings for at least one more night.

And they got quite a show. The Heat won their 26th straight game on Sunday, with LeBron James going for 32 points, 10 assists and eight rebounds in a 109-77 victory over the Charlotte Bobcats.

"I think it's very humbling that you can have some of the greats from other sports come to see your team play, come to see you play," said James, who was 11 for 14 from the field in another surgical performance. "You try to leave an impression on them, as a team and as an individual, absolutely. So it was great to have them in the building, for sure."

Chris Bosh and Norris Cole had 15 points apiece for the Heat, who played without Dwyane Wade, held from the lineup because of right knee soreness that the team believes is minor. And after yet another slow start, Miami is now seven victories shy of matching the



LeBron James rises for a dunk against the Charlotte Bobcats on Sunday. The Heat extended their winning streak to 26 games with a 109-77 win. MARC SEROTA/GETTY IMAGES

1971-72 Los Angeles Lakers for the league record of 33 in a row.

The show now goes on the road for a four-game trip that begins in Orlando on Monday, a swing that also will take the Heat to Chicago, New Orleans and San Antonio. And the Heat will start that trip 2 1/2 games ahead of San Antonio in the race for the NBA's best record.

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Eagles become first 15 seed to reach Sweet 16

March Madness. Florida Gulf Coast making basketball history with another upset over San Diego State

Florida Gulf Coast went from shocking the college basketball world to downright impressing it. And the Eagles were smiling the whole time.

Playing loose and easy, little-known FGCU beat San Diego State 81-71 on Sunday to become the first No. 15 seed to reach the Sweet 16 of the NCAA tournament.

"We don't take ourselves too seriously," said Florida Gulf Coast coach Andy Enfield, whose players tossed him in the air and poured water on



Bernard Thompson of the Florida Gulf Coast Eagles reacts after making a three-pointer on Sunday night in Philadelphia. ELSA/GETTY IMAGES

him in raucous celebration before his postgame interviews. "We try to have fun, get serious when we have to.

"Our goal was to make his-

tory and we did it."

The next opponent for the upstart state school will be the main campus, third-seeded Florida, on Friday night in the South Regional semifinal in Dallas.

"We tried to scrimmage them early in the season in the pre-season," Enfield said. "Now we get our shot."

Bernard Thompson had 23 points and Sherwood Brown added 17 for FGCU, the 16-year-old school in just its second season being eligible for post-season play.

In its first-ever NCAA tournament game on Friday, the Atlantic Sun champion busted brackets everywhere with an upset win over No. 2 Georgetown, a game the Eagles took control of with a 21-2 run in the second half.

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Milwaukee	34	35	.493	21
Philadelphia	27	42	.391	28
Toronto	26	44	.371	29 1/2
Washington	25	44	.362	30
Detroit	24	47	.338	32
Cleveland	22	47	.319	33
Orlando	18	52	.257	37 1/2
Charlotte	16	54	.229	39 1/2

WESTERN CONFERENCE				
	W	L	Pct	GB
San Antonio	53	17	.757	—
Oklahoma City	52	19	.732	11/2
Denver	49	22	.690	41/2
L.A. Clippers	48	22	.686	5
Memphis	47	22	.681	5 1/2
Golden State	40	31	.563	13 1/2
Houston	39	31	.557	14
L.A. Lakers	36	34	.514	17
Utah	34	36	.486	19
Dallas	34	36	.486	19
Portland	33	37	.471	20
Minnesota	24	44	.353	28
Sacramento	25	46	.352	28 1/2
New Orleans	24	46	.343	29
Phoenix	23	48	.324	30 1/2

x-clinched playoff spot
y-clinched division
Sunday's results
Atlanta 104 Milwaukee 99
Miami 109 Charlotte 77
Chicago 104 Minnesota 97
Oklahoma City 103 Portland 83
Houston 96 San Antonio 95
Dallas 113 Utah 108
Philadelphia 117 Sacramento 103
Brooklyn 102 Phoenix 100
Saturday's results
Detroit 92 Charlotte 91
New York 110 Toronto 84
Memphis 110 Boston 106
Chicago 87 Indiana 84
Denver 101 Sacramento 95
L.A. Clippers 101 Brooklyn 95
Golden State 101 Washington 92

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	33	25	8	0	116	84	50
New Jersey	32	15	11	6	80	86	36
NY Rangers	31	15	13	3	73	76	33
NY Islanders	32	14	15	3	93	105	31
Philadelphia	31	13	16	2	82	94	28

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	31	20	6	5	98	77	45
Boston	30	20	7	3	86	64	43
Ottawa	32	17	9	6	83	70	40
Toronto	32	17	12	3	97	92	37
Buffalo	32	13	15	4	86	100	30

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	30	24	3	3	102	66	51
Detroit	32	16	11	5	87	81	37
St. Louis	31	17	12	2	92	86	36
Nashville	32	13	13	6	80	86	32
Columbus	32	13	13	6	75	85	32

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	32	17	9	6	87	85	40
Minnesota	30	18	10	2	79	71	38
Edmonton	30	11	12	7	72	88	29
Calgary	30	12	14	4	85	103	28
Colorado	31	11	16	4	79	100	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	31	22	5	4	101	78	48
Los Angeles	31	17	12	2	88	76	36
Dallas	31	15	13	3	83	90	33
San Jose	30	13	11	6	71	79	32
Phoenix	31	13	14	4	80	87	30

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results

NY Islanders 3 Florida 0
Washington 3 NY Rangers 2 (SO)
Pittsburgh 2 Philadelphia 1 (OT)
Calgary 3 St. Louis 2
Detroit 2 Anaheim 1
Winnipeg 3 Tampa Bay 2
Vancouver 3 Colorado 2

Saturday's results

Ottawa 5 Tampa Bay 3
Minnesota 2 San Jose 0
Vancouver 1 Los Angeles 0
New Jersey 2 Florida 1
Buffalo 2 Montreal 1
Toronto 3 Boston 2
Dallas 5 Colorado 2
Nashville 5 Columbus 2
St. Louis 3 Edmonton 0
Monday's games
All Times Eastern
Toronto at Boston, 7 p.m.
New Jersey at Ottawa, 7:30 p.m.
Los Angeles at Chicago, 8 p.m.
Edmonton at Nashville, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Detroit at Phoenix, 10 p.m.
San Jose at Anaheim, 10 p.m.

GOLF

PGA ARNOLD PALMER INVITATIONAL At Orlando, Fla. Par 72

Partial Final Round	
Bubba Watson	74-71-72-67-284
Gary Woodland	70-73-73-71-287
Josh Teater	75-71-70-71-287
Johnson Wagner	76-71-69-71-287
Chris Stroud	72-71-74-71-288
Francesco Molinari	75-71-70-72-288
Sang-Moon Bae	71-69-76-73-289
Bob Estes	71-69-75-74-289
Graeme McDowell	72-74-75-69-290
Nick Watney	69-76-72-73-290
Also	
David Hearn	75-71-71-73-290
Graham DeLaet	76-69-73-73-291
Leaderboard	

Score Thru	
Tiger Woods	-12-2
Keegan Bradley	-9-4
Ken Duke	-9-4
John Huh	-9-2
Rickie Fowler	-9-2
Brian Stuard	-8-5
Mark Wilson	-8-5
Thorbjorn Olesen	-8-3



Horoscopes

♈ Aries

March 21 - April 20

The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

♉ Taurus

April 21 - May 21

Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

♊ Gemini

May 22 - June 21

You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

♋ Cancer

June 22 - July 23

The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

♌ Leo

July 24 - Aug. 23

Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

♍ Virgo

Aug. 24 - Sept. 23

An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

♎ Libra

Sept. 24 - Oct. 23

You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

♏ Scorpio

Oct. 24 - Nov. 22

You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

♐ Sagittarius

Nov. 23 - Dec. 21

You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

♑ Capricorn

Dec. 22 - Jan. 20

It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

♒ Aquarius

Jan. 21 - Feb. 19

Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

♓ Pisces

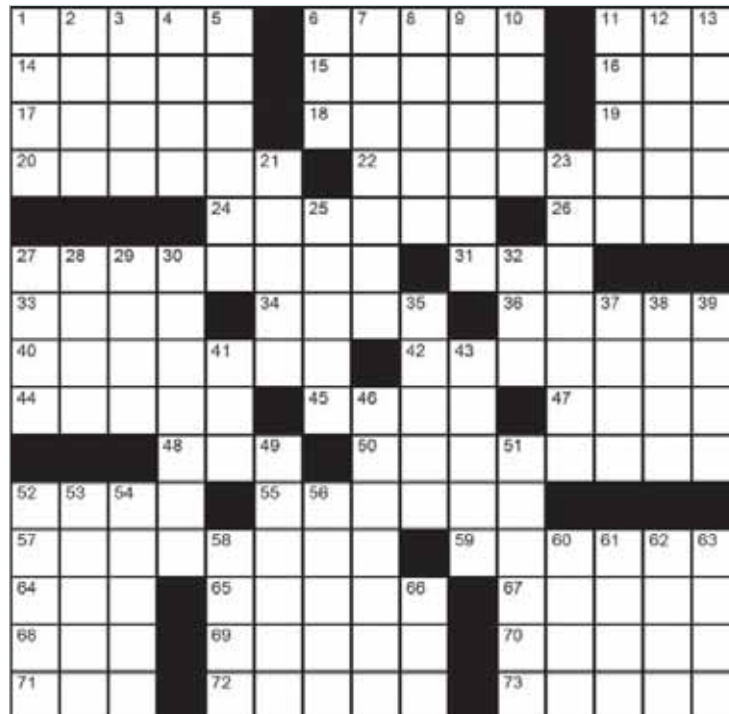
Feb. 20 - March 20

Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Flower
- ...watching
- Rihanna's "..." (Rescue Me)"
- Grissol product, ... Toast
- Sky high toys
- Morn's follower
- J'...; Nous avions; Vous aviez...
- Tomato-hitting-the-ground sound
- ... possidetis (As you possess, at law)
- "Bridget ... Diary" (2001)
- When the Hag-gadah is read
- Assert
- People: French
- St. ... (Franco-phone community in Manitoba)
- Pou ... (Vantage point)
- ... even keel: 2 wds.
- Scratcher's woe
- Mystical creatures
- 9th Prime Minister, Arthur ...
- Large clothing cabinet
- North and South
- "Nonsense!"
- Gumption
- Late-shift times [abbr.]
- Mystical creatures
- Actor, Corbin ...
- "... and Cleopatra" (1972)
- "Working for the Weekend" band



- Citrus fruit
- Be beholden
- Like acorned trees
- Be of service
- Mattel doll
- Serviceable
- Snow: French
- 'Lion' suffix
- '80s hit: "... the Girls I've Loved Before"

- Courtier in Shakespeare's Hamlet

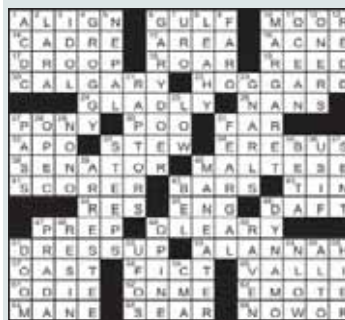
Down

- Music key, ...
- Prefix meaning 'Left'
- Mother in Pearl S. Buck's 1931 novel The Good Earth, ...
- Off-Broadway theatrical

- award
- Mountain range's spine
- Calendar components, curtly
- Woodstock attendees
- Sky's supporter
- Mosts opposites
- Ballpark figs.
- Jeanne ... (Former Governor General)

- Frequently
- Teaspoon-in-cup moves
- Drum kit part
- Monster of BC's Lake Okanagan
- Very little
- Retro-style pop music syllable
- Count Basie's "..." 'Clock Jump"
- Hammer's target
- 1992 k.d. lang album
- Rum ... Tugger (Cats character)
- ... idea (Doesn't realize): 2 wds.
- Whirring sound
- "So, are you out ... then?"
- Soaks
- Taxing letters
- Zoo creature
- Scream louder than!: 2 wds.
- Actor, Antonio ... Jr.
- "... de Bergerac" (1990)
- Guy, Brit-style
- Chad and Rob
- Makes equal
- Finnish smart-phone company
- Really beat, in sports
- Some li'l roads
- Hair removal brand
- 1958 Leslie Caron title role
- There's none in a power failure, for short
- First word in Inferno by Dante

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 5°
MIN: -8°

TUESDAY



MAX: 2°
MIN: -7°

WEDNESDAY



MAX: 1°
MIN: -4°



ANDREW SCHULTZ
METEOROLOGIST

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WEEKDAYS 5:30 AM



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\$49,888 OR JUST **\$359 B/W OAC**

2006 DODGE RAM 2500 LARAMIE
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